

# Utah Cancer Control Program 2014

For Women  
50-64 years old,  
their families &  
friends

## Be Wise Classes

They are FREE\* !

Call to  
see if you  
qualify  
(801) 851-7031

### HEALTH CLASSES

@ 11:00 AM



JAN 8th: **DIABETES**  
FEB 5th: **BLOOD PRESSURE**  
MAR 5th: **CHOLESTEROL**  
APR 2nd: **MENTAL HEALTH**  
MAY 7th: **DIABETES**  
JUNE 4th: **BLOOD PRESSURE**  
JULY 9th: **CHOLESTEROL**  
AUG 6th: **MENTAL HEALTH**  
SEPT 3rd: **DIABETES**  
OCT 8th: **BLOOD PRESSURE**  
NOV 5th: **CHOLESTEROL**  
DEC 3rd: **MENTAL HEALTH**

### COOKING CLASSES

@ 11:00 AM



JAN 29th: **Celebrating Breakfast**  
FEB 26th: **One Pot Meals**  
MARCH 26th: **Cooking for One**  
APRIL 23rd: **Healthy Spring/Summer Desserts**  
MAY 28th: **Amazing Veggies**  
JUNE 25th: **Summer Favorites**  
JULY 30th: **Make your own Pizza**  
AUG 27th: **Cook Once, Eat Twice**  
SEPT 24th: **Healthy Lunches & the Art of Sandwich making**  
OCT 22nd: **Family meals & Casseroles**  
NOV 19th: **Healthy Holiday Meals**  
DEC 17th: **Healthy Holiday Deserts**

### CHOOSE to LOSE

@ 5:15 PM



JAN 15th: **WEIGHT LOSS CLASS**  
FEB 19th: **WEIGHT LOSS CLASS**  
MAR 12th: **WEIGHT LOSS CLASS**  
APR 16th: **WEIGHT LOSS CLASS**  
MAY 14th: **WEIGHT LOSS CLASS**  
JUNE 18th: **WEIGHT LOSS CLASS**  
JULY 16th: **WEIGHT LOSS CLASS**  
AUG 13th: **WEIGHT LOSS CLASS**  
SEP 10th: **WEIGHT LOSS CLASS**  
OCT 15th: **WEIGHT LOSS CLASS**  
NOV 12th: **WEIGHT LOSS CLASS**  
DEC 10th: **WEIGHT LOSS CLASS**

### ZUMBA CLASSES

@ 6:00 PM



JAN 15th: **ZUMBA**  
FEB 19th: **ZUMBA**  
MAR 12th: **ZUMBA**  
APR 16th: **ZUMBA**  
MAY 14th: **ZUMBA**  
JUNE 18th: **ZUMBA**  
JULY 16th: **ZUMBA**  
AUG 13th: **ZUMBA**  
SEP 10th: **ZUMBA**  
OCT 15th: **ZUMBA**  
NOV 12th: **ZUMBA**  
DEC 10th: **ZUMBA**

All classes are on a Wednesday & they are FREE at the Utah County Health Department  
151 S. University Avenue, Provo For more information call (801) 851-7031

\*Due to classes being taught by volunteers, they are subject to change without any notice